

## Preparing for a FLOOD



An emergency can happen at any moment, and every community in the U.S. must be ready to respond. A pandemic, tornadoes, severe storms, floods, wildfires, and earthquakes often strike with little or no warning. The costs—both economic and human—can be dear.

### **Keep yourself and your loved ones safe by planning ahead.**

Are you in a flash-flood prone area? Contact the local county planning department to find out if your home is located in a flash-flood-prone area or landslide-prone area.

Make a communication plan and a disaster plan for your family.

Plan and practice a flood evacuation route with your family. Ask an out-of-state relative or friend to be the

"family contact" in case your family is separated during a flood. Make sure everyone in your family knows the name, address, and phone number of this contact person.

Stay informed. Learn about your community's emergency plans, warning signals, evacuation routes, and locations of emergency shelters.

Inform local authorities about any special needs, i.e., elderly or bedridden people, or anyone with a disability.

*See "Preparing for a FLOOD" on next page*

## **Need a HERO?**

**CALL (855) 88-FIRST (34778)**

**EMAIL [ineedhelp@callservicefirst.com](mailto:ineedhelp@callservicefirst.com)**

**ONLINE [www.callservicefirst.com](http://www.callservicefirst.com)**

## **REFER US TO YOUR FRIENDS...**

Every job you refer enters your name into our monthly raffle...

**WIN \$250 and**



SCAN  
ME

**We are the #1 Restoration *HERO* servicing your Industry!**

**... \$100 Donation to  
your favorite charity**

## Get your home ready for a flood.

Be prepared to turn off electrical power when there is standing water, fallen power lines, or before you evacuate. Turn off gas and water supplies before you evacuate. Secure structurally unstable building materials.

Buy a fire extinguisher. Make sure your family knows where it is and how to use it.

Buy and install sump pumps with back-up power.

Have a licensed electrician raise electric components (switches, sockets, circuit breakers and wiring) at least 12" above your home's projected flood elevation.

For drains, toilets, and other sewer connections, install backflow valves or plugs to prevent floodwaters from entering.

Anchor fuel tanks which can contaminate your basement if torn free.

## If you are under a flood watch or warning:

Gather the emergency supplies you previously stocked in your home and stay tuned to local radio or television station for updates.

## The Good Life



## Good Clean Funnies

### Why do hummingbirds hum?

Because they don't know the words.

### Why is a snake difficult to fool?

You can't pull its leg!

### Why did the melons choose not to get married?

Because they cantaloupe!

Turn off all utilities at the main power switch and close the main gas valve if you are told to evacuate.

Have your immunization records handy in case of a puncture wound.

Store at least 1 gallon of water per day per person and pet. Store at least a 3-day supply.

Bring outdoor lawn furniture, grills and trash cans inside or tie them down securely.

## Create an emergency supply kit.

Be sure to include the following supplies in your kit:

Food, flares, booster cables, maps, tools, a first aid kit, fire extinguisher, sleeping bags, etc., rubber boots, sturdy shoes, and waterproof gloves, insect repellent containing DEET or Picaridin, screens, or long-sleeved and long-legged clothing for protection from mosquitoes.

## Prepare a food and water supply.

Make sure you and your family have enough safe food and water (for drinking, cooking, bathing, etc.) available in the event of a flood.

## Prepare to evacuate.

Never ignore an evacuation order.

Even if you haven't been ordered to evacuate yet, be prepared when a flood watch is issued.

## If you are ordered to evacuate:

Take only essential items with you.

If you have time, turn off the gas, electricity, and water. Disconnect appliances.

Follow the designated evacuation routes and expect heavy traffic. Do not attempt to drive or walk across creeks or flooded roads.

## If you are NOT ordered to evacuate:

Monitor the radio or television for weather updates.

Prepare to evacuate to a shelter or to a neighbor's home if your home is damaged, or if you are instructed to do so by emergency personnel.

For more information or questions, call **ServiceFirst Restoration**. We are always happy to help!



This creamy pineapple cheese ball with green bell pepper is my favorite cheese ball to serve at parties or potlucks.



## Pineapple Cheese BALL

### Directions

Mix drained pineapple, cream cheese, celery, bell pepper, and onion together in a medium bowl until well combined; divide mixture in half and form two balls.

Place chopped pecans in a shallow dish; roll each ball in pecans. Chill until ready to serve, at least 2 hours.

**Prep Time:** 15 mins

**Additional Time:** 2 hrs

**Total Time:** 2 hrs 15 mins

**Servings:** 16

**Yield:** 2 cheese balls

**Tip:** Best on buttery round crackers

### Ingredients

- 1 (20 ounce) can crushed pineapple, drained
- 2 (8 ounce) packages cream cheese, softened
- 1 cup minced celery
- 1/2 cup chopped green bell pepper
- 1 teaspoon minced onion
- 1 cup chopped pecans

Recipe courtesy [allrecipes.com](http://allrecipes.com)





## How to BUILD and SUPPORT Muscle at any AGE



BPT

**Whether you're an everyday athlete, weekend warrior, working toward weight loss goals or hoping to maintain your strength and balance as you age, you probably know how vital muscles are.**

Protein is essential for building and maintaining muscle, tissue repair, hormone and enzyme production, and overall metabolism. Yet, because requirements vary according to age, sex, body composition and activity levels, many adults may not be meeting their individual needs.

**Here are some tips on how to boost protein:**

**Protein needs change with age** - As you age, your body's ability to use protein declines, which means you need a higher intake to maintain muscle mass and overall health.

**Tap into plant protein** - A well-balanced mixture of plant proteins can provide ample high-quality, complete protein. Plant proteins are found in soy foods, beans, peas, lentils and whole grains - which also provide important vitamins and minerals.

**Milk proteins can boost muscle growth** -

Whey and casein - are good sources of a particular set of amino acids that are well-suited for promoting muscle protein synthesis. If you don't prefer dairy, choose proteins that deliver all the essential amino acids in sufficient quantities, or consider a supplement made from a blend of plant proteins.

**Support heart health** - Plant proteins are cholesterol-free and much lower in saturated fats. Swap animal proteins for plant-based options when possible, in order to help keep your cholesterol and blood pressure in check, which helps reduce your risk for heart disease.

**Boost protein intake with supplements** Studies show that consuming protein in amounts that are evenly distributed throughout your day is more effective for muscle protein synthesis than having varying amounts at each meal.

## Understand your Home Energy Use - and CUT Costs



Heating and cooling systems account for around 55% of the average home's energy use, according to the U.S. Department of Energy (DOE). And during the warmest and coldest months, HVAC systems are working at their hardest to keep homes comfortable - which means that energy bills often rise.

Consider the following tips to boost a home's energy performance and save on utility bills to help keep costs down and improve HVAC efficiency.

**Practice routine maintenance** - Clean or replace filters on air conditioners or furnaces regularly, ideally once a month or as recommended. This routine practice will ensure systems run efficiently.

It's also important to schedule seasonal inspections to identify and address poten-

tial issues before they become larger, more costly problems.

**Maintain clear airflow throughout the home** - Proper insulation and air sealing techniques can achieve whole-house energy savings of 10%-20%, proving a cost-effective way to reduce energy waste.

Ensure air return points are not blocked by furniture, carpeting or drapes so that air can flow freely. Confirm that doors and windows are closed when the HVAC system is in operation. Additionally, during warmer months, keep window coverings closed during the day to block the sun's heat.

All these practices can prevent energy waste, lower utility costs, and improve overall performance.



BPT

**No matter what your home's heating and cooling needs are, these are a few tools and solutions homeowners can explore to better understand how to make your space more energy efficient.**



## Why GLUTEN-FREE Baking is Having a Moment

Consumers are increasingly choosing easy, convenient foods to support their active, busy lifestyles. This trend includes ready-to-bake treats such as brownies and cookies, but with alternative ingredients. That's right, gluten free isn't just for people with food allergies anymore, it's the choice of ingredient-savvy consumers as well as those with gluten sensitivities.

Nearly a third of consumers currently follow a gluten-free diet or have done so in the past. Grocery stores are paying attention, dedicating shelf space and expanding product selections to please the palates of this growing demographic. It's easier than ever to bring home ready-to-eat and easy-to-make gluten-free goodies.

Gluten-free bakers are discovering that mixing and matching alternative flours, such

as rice flour, creates blends that rival the original texture of wheat flour. Use almond flour in your banana bread for an extra-nutty kick. Or swap in oat flour to make pancakes that are thick and sweet. Explore different ingredients that suit your taste. Today's gluten-free baked goods are innovative and indulgent.

**Restaurants and retailers jumping on the gluten-free bandwagon:**

Cookie connoisseurs and brownie-baking enthusiasts are benefiting from the evolution of gluten-free baking at bakeries and restaurants, as well as in their own kitchens. In fact, the term "gluten free" has grown 39% on menus over the past four years, making it more accessible than ever.

**When it comes to gluten-free baking, the possibilities are deliciously limitless!**



BPT

**In fact, current research shows the U.S. market for gluten-free foods is among the largest in the world. That's why gluten-free baking is having a moment.**



# Upcoming Events... *Don't miss out!*

Register at [callservicefirst.com/events](http://callservicefirst.com/events)

## BACKPACK/SCHOOL SUPPLY DRIVE

supporting the Boys and Girls Club

**July 1-Aug 10**, more information at

<https://callservicefirst.com/BACKPACKDRIVE>

**NFL Pick'em POOL** Jump in *any time*  
during the **season** at [www.callservicefirst.com/NFL](http://www.callservicefirst.com/NFL)

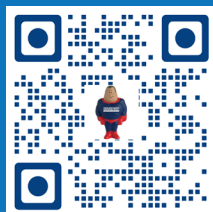
## ENDLESS SUMMER BINGO

**September 9**, more information at

[www.callservicefirst.com/SUMMERBINGO](http://www.callservicefirst.com/SUMMERBINGO)

Request info @

[events@callservicefirst.com](mailto:events@callservicefirst.com)



# Need a HERO?

**CALL** (855) 88-FIRST (34778)

**EMAIL** [ineedhelp@callservicefirst.com](mailto:ineedhelp@callservicefirst.com)

**ONLINE** [www.callservicefirst.com](http://www.callservicefirst.com)

ServiceFirst Restoration, Inc.  
23192 Verdugo Dr., Suite D  
Laguna Hills, CA 92653

## SERVICE

### Save Time – Save Money Make your life easier!

- 5-Star communication through frequent job status emails
- Tailored service for each client through personalized vendor profiles
- Mitigation focused w/ fair and ethical billing practices
- One-Stop-Shop w/ free evaluations
- Servicing OC, LA, SD and IE



## TRANSPARENCY

Our **Transparency Promise** is one of our most unique and powerful benefits.

Our password protected job portals allow you instant access to job status, notes, photos and more.

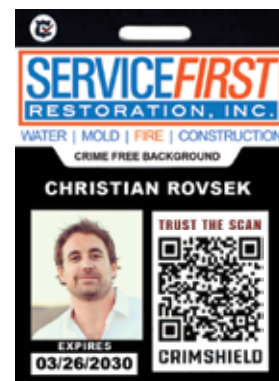


- 24/7 Instant access
- Transparency & certainty
- Increased workflow & efficiency
- Fewer phone calls & emails

## SAFETY

### YOUR SAFETY IS OUR PRIORITY

We **Crimshield** background check every employee, just ask to scan their badge!



SCAN  
ME

**We are the #1 Restoration HERO**  
Servicing Your Industry!

**SCAN** →  
to find out more!

